

Waterford and Albany– A day of rest !

The original schedule was to rise and shine at 06.30 on the day of rest to paddle through the remainder of the locks. We conclude that sleep is more beneficial and we will get up early the next day. We are meeting up with some students at Waterford water front educational day with about 200 students getting to learn about the Erie Canal, locks and the heritage trail. We chat to some of the students about their dreams, adventures and what we have been doing. Then it is off to Duncan's office to hang out our wet kit for a drying session.

We meet up with Beth who runs the Canal heritage project and head for lunch with Mike, Klaudia and the wider team. We lunch at the Irish Tavern which is a relaxed affair. In the afternoon we head out towards Albany as we are staying in a different location at Century House Hotel in Latham. It is a lovely old hotel that has a very homely feel. One of the things we like is that they support community projects and have provided 280,000 meals for disadvantaged people over the last 50 years. We are due to meet Scott Keller of Hudson River Greenway project to find out about the Hudson, tides, locations and the general lie of the land, or water in our case.

Simon and I head to Crossgates Mall as we need additional IT power for blogs and videos. We find it OK with my brain hurting from the highways, feeder roads and other roads. We find it OK and get hooked up. The return journey is more interesting and we get directions to another hotel of a similar name by mistake. On arrival downtown in Albany we realise our mistake. Whoops! We seek a local man minding his business on a street corner and he saves the day. We get back to the hotel and meet with Scott who is a great resource, fellow paddler and general good sort. We become good friends from the off and he is a great addition to our support team. He is a little under the weather so we don't get to paddle with him but hope we can at some point. Scott tells us about his childhood where his first memories were wild camping and the great outdoors, aged 3-4. Scott is a legend.

We are joined by Virginia, Glenn's mum, who has flown up from Florida and who immediately adopts Simon and I as family. We all head for dinner at the Century Inn which provides amazing cuisine. We all agree that it is one of the best restaurants that we have ever eaten in. The ambiance, service and food is first rate. It is great to relax and enjoy some downtime. Michelle Vennard of Albany has been a fantastic host and we are sorry we have not had more time to explore the State Capital and its museums, culture and vibe. Albany is a happening location and had President Obama visit last week. Klaudia and Mike take some time to visit some of the

locations with Michelle and we hope that they will write a guest blog of their experiences.

We head for our rooms to get some sleep as we have a 6am start.